

## BROKEN LINKS

By Vandella Varnum Thomas, Well-Known Lecturer and Writer, DeFuniak Springs, Florida.

I have been looking over our social roster, and it seems dreadfully discouraging. Dear me! How primitive we are here in DeFuniak! Not a bridge club, nor a duplicate bridge club, nor an afternoon euchre club, nor a ladies' auxiliary card party, nor a double-deck bridge party, nor an afternoon bridge club, nor a scientific whist party, nor a dance! Something must be the matter with our women. What can it be? Are we lacking in gray matter, or energy, or high ideals?

When women can sit idly by with folded arms and not be touched and thrilled by the mighty currents that are sweeping over the feminine world—when they can read with listless indifference of the daily doings of the great and fair—when they can view the royal banner of our lord, the eucharist, in all its gorgeous variations floating in the breeze with the minions morning, noon and night and midnight, following on in dazed, hypocritical fealty—when they can see these things and not be stirred to the depths—My Himmel! Now, Mr. Editor, what ails you?

Two-thirds—no, three-fourths—of our women do their own work, because we have sworn off—sworn off our dependence. The bells are ringing in a new declaration of independence for us. We have been exhausted with incompetent help, worn out and sick at heart. We are tired of seeing the sacred things of home set awry by those who do not know, tired of trusting the palate to the untrained, tired of trusting our china to the careless and clumsy hand, tired of trying to train the unreliable. There's our mayor's wife, within a stone's throw, as pretty a woman as is in Florida, doing her work and waiting for her babies herself. I am writing this at the kitchen table, and meantime watching the bread bake. I happen to have a cook, and she happens to have sickness in the family, but cook or no cook, these things can go on. Who, in these days, will be enervated to untrained and unskilled help? I call the housewife who cannot do things herself in times like these or in any time in any emergency a veritable slave.

This condition is not sectional. North and east and west, wherever there are factories, it is worse than here. It is not even national. All countries are passing through the same labor changes, however not so pronounced yet as ours. Let no one say "the unreliable negro." Just as truthfully as in regard to domestic service the unreliable Yankee, Swede, Irish, Dane or Croaker. But I would not use that term. We are in a transitional stage in all departments of labor. The old trained help has well-nigh passed away. Here in the south the younger element has had no training, could have none, and here, too, as elsewhere, the factories and mills and stills, the shops and stores, have won from the farm and domestic labor the most energetic and pushing.

Did you ever stop to consider how

much less it means in brain matter to be a skilled factory hand than to be skilled in domestic service, how much less gumption is needed to do the same thing a thousand times a day than to do a thousand different things the same day, and then, to have all come out just right?

The trouble, dear women, lies not only in the evolution of labor conditions, but in ourselves as well. We have looked down upon labor that called for the most brains. "Anybody" was good enough for the kitchen, when that body should be matter of materials. "Anyone" could learn to cook, when the cook ought to be a genius. "Anyone" could care for a room, when only one with artistic taste can do it right. Our girls have been dabbled into everything except the bread pan. Of course, these things will be changed, are changing now, though the influence cannot yet be felt in a practical way. The outcome will be that First, when we have help it will be trained help, and well paid, and those who cannot afford it all the time may hire skilled labor by the hour.

Second, our boys and girls will be taught that the hand is as honorable as the head, that no education or ability places one above work; that only the stupid look down upon it. As we rise, it rises. As invention and science and study are put upon and in the soil, farming becomes not only profitable, but exalted. As the brain is applied to the mysteries of the cuisine, the pantry is lifted in to the laboratory. Why, I would be prouder today of a daughter who knew the art of housekeeping and homemaking from cellar to garret (and it is a high art) than of one who could harp a company with song or story, but who knew nothing of the duties of the home. But she can do both. She can master many things. The twentieth century woman is all-sided. The bread is out of the oven just as pretty as you ever saw. Brother Mayes, and I am wondering if the cinnamon loaf and rolls will be done before the street commissioner comes to go with me over the schoolhouse grounds and streets adjoining, preparatory for Arbor Day.

What is to bring these better things about? Industrial education. (We have been over the grounds, the kitchen is deserted and the table of my study is now covered with Broken Links.) Industrial education—it is coming, to strengthen nations, to enlarge man, to master material, to turn our fields, not into gold, but into substantial profit; to place a higher estimate on the common things of life that make for common good. To the home, it will mean expert service; each task a task of honor when honorably done.

Still, we do have some things in DeFuniak. The Women's Town Improvement association holds a public reception every other week, during the winter season, to which strangers and home people are invited. All are welcome. These are not only pretty occa-

Some Pointed as Well as Eloquent Comment on Current Events

sions, but interesting and valuable. All points of compass shake hands and the closest of friendships are formed over our coffee and cake. They are largely attended. Tourists tell us this is the only town in Florida in which such open hospitality is extended. The weekly social at the Chautauqua hotel is a pleasant occasion, and chautauqua morning, afternoon and evening abides with us for several weeks each season. Interspersed with these are the friendly gatherings in homes here and there, and so we really are not as benighted as we may seem to the devotee of the deck.

I notice Cardinal Gibbons is shedding tears over the "sphere" of woman. "We hear of daughters of some of our country's best men mounting the rostrum to harangue audiences. Is it any wonder," he asks, "that a feeling of sadness creeps over one that such things should be?" Dear, gentle, tearful brother, cease thy weeping; also cease thy harangues. Let the Lord and the man and woman, and blessed be the name of the Lord. Trust his work, strive not to remodel it. The best of each should come forth. Frances Willard gave her hand, her heart, her pen, her voice, to help humanity, and the name will be revered when cardinals and kings are forgotten. Not all women have the gift of oratory. Those who have not, rarely attempt it. How dearly would we love to pay this compliment to our brothers; but no, each life must work according to its bent. Place no pebble in the pathway of another, trusting all to follow the light, knowing that man (barring ecclesiastical ties) will still be husband and father, and woman, rising above all ties, will be wife and mother, first, last and always.

There are innumerable forms of robbery, some masked and not a few unmasked. The former is known as "graft," the latter comes under the general head of highway robbery. It is hardly to be supposed that all the people can know of the various ways and means in which graft is perpetrated, but all can understand the open, public hold-up.

The "hold-up" referred to now is a brazen, barefaced, un concealed, and it is as large as it is bold—the hold-up of the government postoffice department by the railroads, not last year, nor year before, but every year.

Each year the postoffice department has a deficit. Last year it was \$6,653,282, according to the report of the postmaster-general. We pay \$50,000,000 annually to the railroads for the transportation of our mail matter. Instead of building our own mail cars, we pay the railroads for the rental of one of their each year as it would cost to build a new car.

That is highway robbery. Again, transportation is paid by the weight of mail matter. How is this determined? By weighing the mails for seven days and dividing by six to strike an average, and by fraudulently stuffing the mails during the days they are to be weighed. Careful investigation proves that \$20,000,000 out of the \$50,000,000 is highway robbery. Each home in the country should have free delivery, but when we ask for the extension of the free mail service in remote districts, the annual deficit is given as the reason for denial. The taxpayer is defrauded, the department is crippled, and the government is humiliated by this bold-faced robbery.

**THIS IS WORTH READING.**  
Leo F. Zellinski, of 68 Gibson St., Buffalo, N. Y., says: "I cured the most annoying ailment I ever had with Bucklen's Arnica Salve. I applied this salve once a day for two days, when every trace of the sore was gone. Heals all sores. Sold under guarantee at all druggists, 25c."

**THEATRICAL MEN AND RAILROAD MEN**  
Atlanta Georgian.

Cancellations—Season 1907-8.  
Alabama—Birmingham 24.  
Georgia—Atlanta 18, Macon 25, Columbus 11, Rome 16, total 70.  
Arkansas—Little Rock 18, Hot Springs 28, total 46.  
South Carolina—Spartanburg 8, Charleston 17, total 25.  
Mississippi—Columbus 9, Vicksburg 38, total 47.  
Tennessee—Nashville 20, Memphis 12, Chattanooga 13, total 45.  
Texas cities, 60.  
Virginia, 33.

The foregoing is a list of some of the amusements that would have been held the south this season had not the Interstate Commerce Commission made a ruling which seems unnecessary and unwise. The commission has decided that railroads if they grant the so-called theatrical rate to ten persons or more, as was the case before the construction put upon the Hepburn rate bill by the commission, the roads must also grant the rate to anybody. The theatrical men say that unless the old rate is restored in this territory by the Southeastern Passenger Association, which meets in Atlanta on Monday, no big amusements will come to this section the coming season.

Under present conditions it costs a company the size of the Mayor of Tokyo \$134.41 more to get from Montgomery, Ala., to Atlanta than it did last year. Until the producing managers are assured that they will be granted a theatrical rate in the South they refuse to sign any contracts for the season of 1908-1909. The theatrical men say the only way in which they can get a rate at present is to purchase mileage books. This, they contend, is a hardship, as it forces the tie up hundreds of dollars in tickets for an indefinite period. The failure of producing managers to make new contracts can hardly be said to work on the part of the so-called theatrical trust, for it is pretty easy to figure that if the members of

# LA GRIPPE

SOME INTERESTING INFORMATION REGARDING THE DISEASE.

## WHAT IS THE GRIP? WHAT IS ITS EFFECT?

These questions are best answered by several eminent medical men in published interviews. The most important points emphasized by the famous doctors are these:

Grip is highly infectious. Grip stimulates other diseases. Grip has an extraordinary effect on the mental functions. Grip picks out the weak points in a person's constitution.

The victims of the grip are adults who perish from pneumonia or bronchitis and the aged who sink from heart exhaustion.

Children while prone to the disease, enjoy comparative immunity from its complications and dangers.

Grip shows a decided tendency to relapse, a feature to which the indirect faculty of the diseases is in a great measure due.

Alcoholic stimulants are not only unnecessary but positively harmful.

An attack of the grip seems to render the individual more liable to contract the disease from future exposure.

The attack comes on with lightning like speed. A person in apparently perfect health is suddenly overcome by a feeling of discomfort. He feels chilly or shakes with the rigor worthy of an ague. His head aches. There are pains in his eyeballs and other symptoms characteristic of the disease soon follow.

## CAN GRIP BE PREVENTED?

Sir William Broadbent, an eminent English Physician, relates his experience in preventing the disease as follows: "From the first invasion of influenza (grip) I have found that the best remedy was quinine. I have had opportunities of obtaining extraordinary evidence of its protective power. In a large public school near London, the girls and the mistresses took their morning dose of quinine, but the servants were forgotten. The result was that scarcely a girl or mistress suffered, while the servants were all down with influenza (grip). As a preventive, take two grains of the bisulphate of quinine after breakfast each day."

## GREAT PHYSICAL AND MENTAL AGONY

"Before we can sympathize with others, we must have suffered ourselves." No one can realize the suffering attendant upon an attack of the grip, unless he has had the actual experience. There is probably no disease that causes so much physical and mental agony, or which so successfully defies medical aid. All danger from the grip, however, may be avoided by the prompt use of Chamberlain's Cough Remedy. Among the tens of thousands who have used this remedy, not one case has ever been reported that has resulted in pneumonia or that has not recovered.

the companies of fifty to two hundred persons have to pay full fare or any where near it, they can not visit points so far apart as are Southern cities, and only the few companies that have but a handful of players headed by actors of big reputation like Goodwin, Murphy, Drew, and the like can come.

There can hardly be any good rea-



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## THREAT OF GRIP AND ITS DANGERS

"The increased mortality of the last three weeks from lung affections following attacks of grip, emphasizes more than ever the necessity for nursing an initiatory cold."

The Herald, always anxious concerning the public health, has repeatedly called attention to the dangers of undue exposure during inclement weather, and now reiterates the injunction with still more earnestness in view of present conditions.

Most of the fatal cases of pneumonia at this time of the year are due to the lack of timely treatment of what appears to be a simple attack of bronchial catarrh. The taking of the right time is at the bottom of all questions of prevention of other more serious ones lying in wait for solution.

It is well to take into account in such connection that February and March are generally considered the most fatal months for pneumonia, especially when influenza is prevailing even in mild epidemic form.

Thus far we have escaped a visitation of a virulent form of the latter malady, but there is abundance of time and opportunity for the development of a severe epidemic, with the usual aftermath of alarming mortality.

The effective treatment of an ordinary 'cold' is a matter of a day or two against a possible subsequent sickness for weeks.

The indications of a severe attack of influenza are headache, chilliness, general muscular pains, fever, sore throat, cough and systemic lassitude. When these show themselves no time is to be lost and the patient should give up work at once and promptly place himself under proper medical care."—New York Herald.

## Bad Attack of the Grip COMPLETELY KNOCKED OUT.

"Some weeks ago during the severe winter weather both my wife and myself contracted severe colds which speedily developed into the worst kind of the grip with all its miserable symptoms," says Mr. J. S. Eggleston of Maple Landing, Iowa. "Knees ached, aching muscles, sore head, stopped up, eyes and nose running, with alternate spells of chills and fever. We began using Chamberlain's Cough Remedy, adding the same with a double dose of Chamberlain's Cough and Liver Tablets, and in a few days we were completely knocked out of the grip."

## DONT'S WHEN YOU HAVE THE GRIP

Don't kiss the children.  
Don't delay going to bed.  
Don't attempt to walk the attack down.  
Don't take a cold or even a hot bath.  
Don't use any alcoholic stimulants.  
Don't eat a heavy meal.  
Don't associate with the family.  
Don't forget to take Chamberlain's Cough Remedy.  
Don't let your bowels become constipated.  
Don't leave your bed until the worst is over.  
Do this and the grip is shown of nearly all of its terrors.

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## CHAMBERLAIN'S COUGH REMEDY

This well known remedy has been on the market for one-third of a century. Starting from a small beginning it has grown in favor and popularity until the demand for it often requires shipments in carload lots. It is now on sale at almost every drug store and most country cross road stores in the United States. There is no question as to its merits; in fact, the enormous sale on it has been brought about to a large extent by the personal recommendations of people who have been cured by it. When you use a remedy for a cough or cold and find it far superior to any other that you have ever tried, it is natural that you should tell your friends of your good fortune. It has become the mother's favorite for coughs, colds and croup, as they found that it can always be depended upon and that it contains no opium or other harmful drugs. During these years in which we have been making, selling and using the preparation we have never known of a single case of a cold resulting in pneumonia when Chamberlain's Cough Remedy was used, which leads us to believe that it is a certain preventive of that disease. The fact that it can be depended upon in every case has crowned it with the success it enjoys.

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## HOW TO CURE THE GRIP

Rest, warmth and quiet are the three sovereign remedies for this disease and the best preventives of secondary complications. Go to bed and remain in bed until well on the way toward recovery. Two or three days in bed when you first contract the disease is better than two or three weeks later on. Also take a double dose of Chamberlain's Cough Remedy to begin with and then the regular dose every hour. If it should nauseate, discontinue it until the nausea subsides and then take it in smaller doses or less frequently. Before going to bed take two of Chamberlain's Stomach and Liver Tablets and bathe the feet in water as warm as can be comfortably borne. The attack is a severe one. Take sulphate of quinine in doses of two grains each, every four hours, for a few days. It will help up the vitality and enable the system to withstand the attack.

## Severe Attack of Grip Cured by One Bottle of Chamberlain's Cough Remedy.

"When I had an attack of the grip last winter (the second one) I actually cured myself with one bottle of Chamberlain's Cough Remedy," says Frank W. Perry, Editor of the Enterprise, Shortsville, N. Y. "This is the honest truth. I at times kept from coughing myself to pieces by taking a spoonful of this remedy, and when the coughing spell would come on at night I would take a dose and it seemed that in the briefest interval the cough would pass off and I would go to sleep perfectly free from it and its accompanying pains. To say that the remedy acted as a most agreeable surprise is putting it very mildly. I had no idea that it could cure a cough that had been so long. Because I had never tried it for such a purpose, but it did, and it seemed with the second attack of coughs the remedy caused it to not only be of less duration, but the pains were far less severe, and I had not used the contents of one bottle before Mr. Grip had bid me adieu."

## THE GRIP CURED AS IF BY MAGIC

"In the winter of 1890 and 1891 I was taken down with a severe attack of what is called the grip," says F. L. Hewitt, a prominent druggist of Winfield, Ill. "The only medicine I used was two bottles of Chamberlain's Cough Remedy. It broke up the cold and stopped the coughing like magic and I have never since been troubled with grip." Chamberlain's Cough Remedy can always be depended upon to break up a severe cold and ward off any threatened attack of pneumonia. It is pleasant to take, too, which makes the most desirable and one of the most popular preparations in use for these ailments.

## A WELL FOUNDED RUMOR.

Have you heard the rumor current? That there is a cure for grip? One's that's harmless, sure and pleasant. Why then suffer from the grip? Chamberlain's, yes, that's the name.

A remedy of world-wide fame. Druggists all will say the same. That 'twill surely cure the grip.

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